



Altitude Illness: Prevention & Treatment (Mountaineers Outdoor Expert)

Stephen Bezruchka

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Stay healthy at high heights with this pocket guide?now updated with the most current information on preparing for and adapting to altitude.

- Updated guidelines for people going to altitude (heights above 7,000 feet) with pre-existing health conditions such as heart conditions, diabetes, and cancer
- A handy glossary and easy-to-read tables covering symptoms and signs, altitude illness, and high altitude drugs
- Case studies of real situations and a question-and-answer section help readers better understand general issues about altitude and its effects, and more

This new edition provides the latest information on prevention and treatment of altitude illness?from preparing for altitude to recognizing and treating the symptoms of acute mountain sickness, including high altitude pulmonary and cerebral edemas. Suited for both novice and seasoned hikers, climbers, trekkers, and skiers, *Altitude Illness, 2nd Edition*, also includes an updated examination of how altitude interacts with certain drugs, a new section on using the web to find more information about altitude illness, and much more.

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